

531, 222  
10/531222

## (12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property  
Organization  
International Bureau(43) International Publication Date  
29 April 2004 (29.04.2004)

PCT

(10) International Publication Number  
WO 2004/035145 A2(51) International Patent Classification<sup>7</sup>: A63B 21/00,  
21/078RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR,  
TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.(21) International Application Number:  
PCT/AU2003/001387(84) Designated States (*regional*): ARIPO patent (GH, GM,  
KE, LS, MW, MZ, SD, SL, SZ, TZ, UG, ZM, ZW),  
Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM),  
European patent (AT, BE, BG, CH, CY, CZ, DE, DK, EE,  
ES, FI, FR, GB, GR, HU, IE, IT, LU, MC, NL, PT, RO,  
SE, SI, SK, TR), OAPI patent (BF, BJ, CF, CG, CI, CM,  
GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

(22) International Filing Date: 17 October 2003 (17.10.2003)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:  
2002952205 18 October 2002 (18.10.2002) AU

## Declarations under Rule 4.17:

- as to applicant's entitlement to apply for and be granted a patent (Rule 4.17(ii)) for all designations
- as to the applicant's entitlement to claim the priority of the earlier application (Rule 4.17(iii)) for all designations of inventorship (Rule 4.17(iv)) for US only

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## Published:

- without international search report and to be republished upon receipt of that report

(81) Designated States (*national*): AE, AG, AL, AM, AT, AU,  
AZ, BA, BB, BG, BR, BY, BZ, CA, CH, CN, CO, CR, CU,  
CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE,  
GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR,  
KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK,  
MN, MW, MX, MZ, NI, NO, NZ, OM, PG, PH, PL, PT,

For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

(54) Title: RESISTANCE EXERCISING DEVICE

(57) **Abstract:** A resistance exercising device is disclosed. The device is a housing or metal casing (9) being a rectangular prism enclosing and attached to spring tubular casings or biasing means casings/sheaths (7) via mountings (8), the casings (7) cover the springs or biasing means (6). These biasing means (6) are attached to hook fasteners or fasteners (15), which are attached to a metal rod (14). An internal cable (5) is permanently or otherwise fixed to the metal rod (14) and the smaller hub (4) of an internal/external hub/pulley or pulley (3) and (4) which is affixed to metal casing (9) whilst still allowing the pulley to turn freely. The two larger drums (3) (also internal/external) of the hub/pulley (3) and (4) are attached as required to external cables (2) which are attached as required to gripping means described as hand/foot handles (1) with clips or hook fasteners or fasteners (16), when one of the external cables (2) is not in use it may be fastened to larger drum (3) of hub/pulley (3) and (4) with a clip or fastener (22). Legs (13) can be extended to form a bench, which has a seat (10). There may be a backrest (11) which can be extended via backrest supports (12). When only one gripping means (1) is being used, the spare one may be attached to the end wall of the metal casing (9) via storing clips (17) or stored in storage space (24), and this mentioned gripping means 1 may be refastened to external cable (2) by attachment clip (16). This device can be used to perform repetitive resistance exercises by the positioning of the device at the appropriate positioning on the body, or in a suitable positioning near the human body, whilst holding onto, gripping means I with hands or feet at either end of the device, and pulling/pushing or similar movement. Metal rod (14) is attached to moveable chain 18 which rotates around sprockets (19). Sprockets (19) which are joined to adjacent sprockets (19) via axle (20) and are attached to metal casing (9) via the ends of the axle (20) whilst allowing sprockets (19) to turn. Sprockets (19) which have not been joined to adjacent sprockets (19) via axle (20) are fastened to metal casing or housing (9) with bolts (23) which allow sprockets (19) to turn or spin. Wheels (21) are sunk into the bottom surface of the resistance exercising device, protruding sufficiently to be of use as wheels or to be of use in the performing of additional exercises.

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